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Get Fit

Welcome to the National Guard fitness hub. This is where you can take your first steps in becoming fit like an American Soldier. You can watch workout videos, download workout plans and read up on nutrition tips--all guided by the National Guard fitness expert SSG Ken Weichert, aka "SGT Ken." So, break out your gym shorts. Before you know it, you'll be fit for duty.

Work Out: [.pdf](#) [.mp3](#) [Video:](#)

UPPER BODY

Bicep Curls w/Tubing



Chest Press w/Tubing



Deltoid Raises



Dive Bomber Push-Up



Forward Lateral Chest Press w/Tubing



Uneven Push-Up



Push-Up, Normal Grip



Push-Up Improvement Plan 1



Push-Up Improvement Plan 2



Push-Up Improvement Plan 3

FITNESS CALCULATOR

UNDERSTANDING THE APFT

BODY FAT TEST

APFT QUICK TEST

Gender:

Age:

Push-Ups: Reps














Sit-Ups: Reps

2 Mile Run: Min:Sec














Push-Ups: min max

Sit-Ups: min max
















2 Mile Run: min max

			
Staggered Push-Up			
Modified Push-up			
Leaning Lateral Push-up			
Medicine Ball Tricep Push-up			
Shoulder Push-Up			
Reverse Fly w/Tubing			
Sea Saw Curls w/Tubing			
Standing Chest Fly w/ Tubing			
Triceps Press w/ Tubing			

LOWER BODY

Speed Skater Drill			
Lateral Lunges (Basketball Drill)			
Static Lunges w/ Tubing			
Forward Stepping Lunge ("Iron Mike")			
Ski Jumper/Charlie Chaplain			
Standard Squat			
Squat w/ Tubing			
Step-ups w/ Tubing			

CORE

Four-Count Reverse Crunch			
Vertical Leg Crunch / Box & Reach			
Flutter Kicks			
Full Sit-Up			
Cradle Crunch			
Modified Backbend			

8-Minute Abs



AEROBIC

Aerobics Warm-up



Jump-Squat-Thrusts



Running Tips



Running Interval Training



Operation Quick Fix



Push-up Poker Drill



Cool Down Drill

[Contact your local recruiter](#) for more information.



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OPERATION PUSHING FOR POINTS™

From APFT to Promotion

Part 1 of 2—The First 30 Days

By SSG Ken and Stephanie Weichert

HOOAH! askthetrainer@startfitness.com
Let us hear from you.



Stephanie and SSG Weichert,

Hello, I am presently eight weeks out from an APFT. I am a long time Guardsman who is training seriously for the first time in a long time. I read GX magazine frequently and in the past couple of months have become more familiar with START Fitness. Your articles are great! Right now, I am running, doing full sit-ups and push-ups. How do I put it all together in order to MAX the APFT? Thanks.

Dave A.
MAARNG

RECEIVED

SSG Weichert and Stephanie,

RECEIVED

Hello, I am at the top of the promotion list, but I am really out of shape. I have to pass a PT test in about eight weeks in order to be promoted. Do you have any advice on how to optimize that time so that I can perform well on the APFT? Thanks for what you do!

SPC James H.
TXARNG

SSG Weichert and Stephanie,

Hello. I am hoping to receive a little bit of help from the two of you. I am looking for a really good program that can help me achieve a better score in the APFT. No matter what I do, it seems like I cannot get any faster on my run, nor do more push-ups and sit-ups since my last test. I run two miles a couple of times a week and weight lift, but apparently not enough or not doing it right. I really could use some help in this area. Thank you.

SSG Shane A.
MAARNG

RECEIVED

Fellow Guard Soldiers,

Hello! Thanks for reading GX! About 75 percent of the emails Stephanie and I receive are from Guard Soldiers who are concerned about passing the Army Physical Fitness Test (APFT). We understand and would like to address your concern with a two-month training program. Many of us lead very busy lives, which can sometimes lead to a horrible diet and putting off regular exercise. Sometimes, the only exercise we manage to fit in our schedule is on drill weekends.

Bottom-line, the higher the score we achieve on the APFT, the more points we receive for promotion. Whether you're a Guard Soldier trying to better your previous APFT score or a reader who simply wants to reach a higher level of fitness, we challenge you to utilize our 60-day Diet and Exercise APFT summer challenge—Operation Pushing for Points™!

For those of you who are avid weight lifters or athletes with advanced training needs, be advised that this program will specifically address effective training strategies for the APFT only. This program is designed to help you maximize results. Although results will vary, many recruits in our private program have seen a tremendous reduction of body fat as well as an increase in strength and stamina after utilizing the Operation Pushing for Points™ program, which we will be presenting over the ensuing two months. When the goal is to score as high as possible on the APFT, it can be counter-productive to engage in heavy weight training. The Operation Pushing for Points™ program has been tested and proven to be effective. Are you ready for the challenge? HOOAH! Let's get started!

WEEKS 1 AND 2: OPERATION WAKE-UP CALL™

MONDAY Muscle Exploitation Day

SET #1

Warm-up: 10-15 minutes (see past issues for suggested warm-ups.)

Stretching exercises: 8-10 minutes

Close-grip push-ups: 45 seconds

Rest: 45 seconds

Normal-grip (hands shoulder-width apart) push-ups: 45 seconds

Rest: 45 seconds

Wide-grip push-ups: 45 seconds

Rest: 45 seconds

½ Sit-ups: 2 minutes

Remarks: The ½ sit-up is also called the abdominal crunch. Start: Lay down on your back with both legs together and bent 90 degrees at your knees. Place your heels on the ground and point your toes upward. Interlock your fingers and place your hands behind your head. Action: Raise your upper body until your shoulders blades lift off of the ground and return to the start position.

Warning: Do not pull on your neck with your hands. Keep your elbows wide and your chin pointing toward the sky during the entire exercise.

Note: Full sit-ups are not performed during weeks 1-2 of the Operation Pushing for Points™ training plan.

SET #2

Close-grip push-ups: 35 seconds

Rest: 35 seconds

Normal-grip push-ups: 35 seconds

Rest: 35 seconds

Wide-grip push-ups: 35 seconds

Rest: 35 seconds

½ Sit-ups: 2 minutes

SET #3

Close-grip push-ups: 25 seconds

Rest: 25 seconds

Normal-grip push-ups: 25 seconds

Rest: 25 seconds

Wide-grip push-ups: 25 seconds

Rest: 25 seconds

½ Sit-ups: 2 minutes

10 Minutes aerobics (choose one: treadmill, elliptical machine, running, cycle)

Stretching exercises: 8-10 minutes (cool down)



Proper hand position for close-grip push-ups.

**Energy and persistence
conquer all things.**

—Benjamin Franklin

Intermediate Level – 1 round =
approximately 45 minutes *

Advanced Level – 2 rounds =
approximately 90 minutes *

*Depending on repetitions per
set and rest periods

Note: Diet plan available by
going to www.GXonline.com.

Each running period should be the best sprint possible. I like to time my sprints. That way I can challenge myself to achieve a better run time the next day that I attempt the same lesson plan.

WEDNESDAY (Repeat Monday lesson plan)

THURSDAY (Repeat Tuesday lesson plan)

FRIDAY Practice Push-up Test Day

SET #1

Warm-up: 10-15 minutes (See past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

Push-up test #1 (Complete the most push-ups possible in a 2-minute period)

½ Sit-ups: 2 minutes

Rest: 2 minutes

SET #2

Push-up test #2 (complete the most push-ups possible in a 1.5-minute period)

½ Sit-ups: 2 minutes

Rest: 2 minutes

SET #3

Push-up test #3 (complete the most push-ups possible in a 1-minute period)

½ Sit-ups: 2 minutes

Stretching exercises: 8-10 minutes (cool down)

Rest: 2 days

**Success is the sum of
small efforts, repeated
day in and day out.**

—Robert Collier

SATURDAY AND SUNDAY

Light stretching and plenty of rest.

Stick to the diet plan and you will notice a tremendous increase in your energy after the first week!

TUESDAY

Warm-up: 10-15 minutes (see past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

½ Sit-ups: 90 seconds

Sprint 1 lap around a ¼-mile track or the same distance around your street block, or run ¼ mile on a treadmill at a good pace.

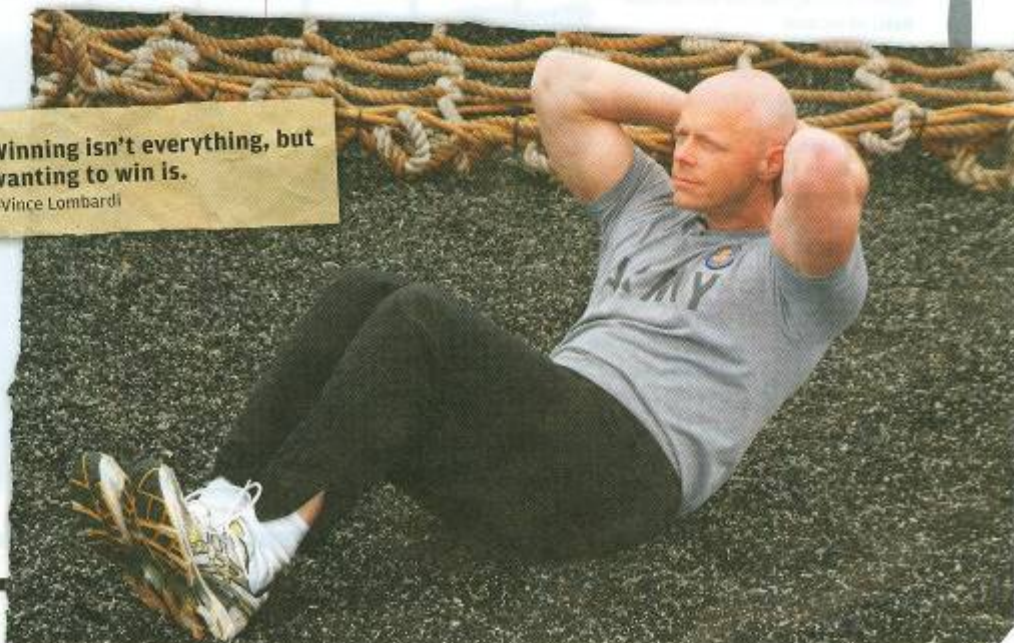
Fast walk 3-5 minutes

Repeat the sequence 5 additional sets (total 6 sets = 1.5 miles of running)

Stretching exercises: 8-10 minutes (cool down)

**Winning isn't everything, but
wanting to win is.**

—Vince Lombardi



WEEKS 3 AND 4: OPERATION DOUBLE-TIME™

MONDAY Belly Buster Day

SET #1

Warm-up: 10-15 minutes (see past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

Sit-ups: 90 seconds

Rest: 60 seconds

Sit-ups: 75 seconds

Rest: 60 seconds

Sit-ups: 60 seconds

Rest: 60 seconds

Sit-ups: 45 seconds

Rest: 60 seconds

SET #2

Box and reach: 50 repetitions

Rest: 45 seconds

Box and reach: 40 repetitions

Rest: 45 seconds

Box and reach: 30 repetitions

Rest: 45 seconds

Box and reach: 20 repetitions

Rest: 45 seconds

Remarks: The Box and reach is a two-movement exercise. Start: Lay down on your back with your arms and legs pointing upward and your feet flexed. Elevate your shoulders slightly.

Action: Start the exercise by reaching over the outside of your left thigh with both arms. Next, return to the start position and reach over the outside of your right thigh with both arms. Reaching on both sides completes one repetition of this exercise.

SET #3

1/2 Sit-ups: 2 minutes

Freeze in the up position on the 30th repetition for 10 seconds, and then continue

Rest: 45 seconds

1/2 Sit-ups: 1.5 minutes

Freeze in the up position on the 30th repetition for 10 seconds, and then continue

Rest: 45 seconds

1/2 Sit-ups: 1 minute

Freeze in the up position on the 20th repetition for 10 seconds, and then continue

Rest: 45 seconds

1/2 Sit-ups: 30 seconds

10 minutes aerobics (choose one: treadmill, elliptical machine, running, cycle)

Stretching exercises: 8-10 minutes (cool down)

Success is the sum of small efforts, repeated day in and day out.

—Robert Collier

Nothing great was ever achieved without enthusiasm.

—Ralph Waldo Emerson

TUESDAY

Warm-up: 10-15 minutes (see past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

Track: Sprint the stretches and jog the curves: 8 laps

In other words, sprint the straight sections of the track and jog the curves until you reach 2 miles

This can also be achieved by sprinting the long sections of city blocks and jogging the ends for the same distance, or

Treadmill: Sprint .075 miles on a treadmill and immediately reduce the speed of the treadmill to a jogging pace for .05 miles: 16 consecutive sets

Note: You may choose to sprint .15 miles and jog for .10 miles: 8 consecutive sets

Rest: 5 minutes

Push-up test (the best performance of push-ups for a 2-minute period)

1/2 Sit-ups: 3 minutes

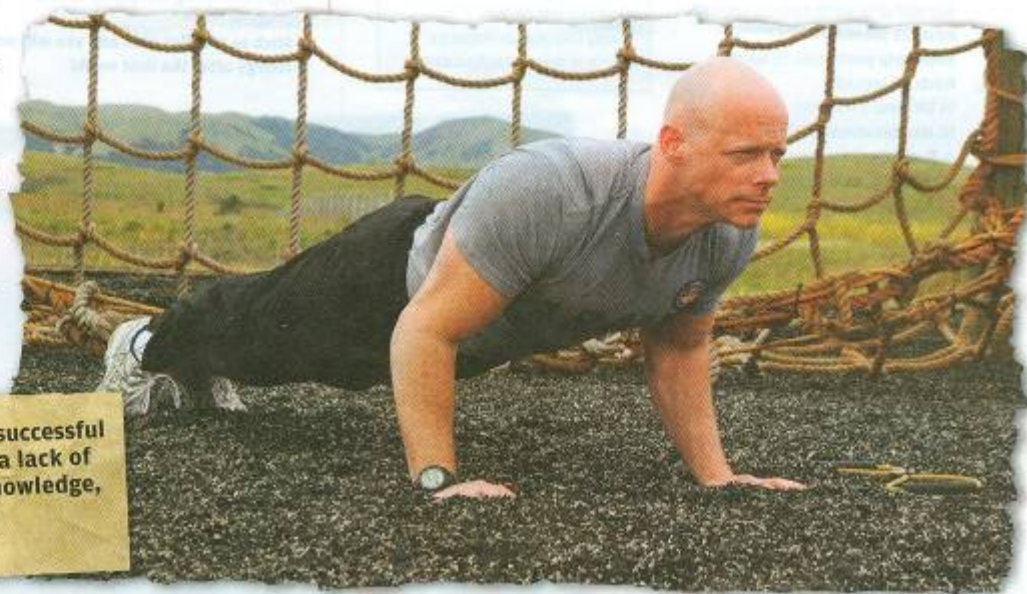
Stretching exercises: 8-10 minutes (cool down)

Note: Interval training simply prepares you for faster speeds when it's really needed during testing periods.

You will see your stamina and endurance improve every week that you endure this strategy. Simply increase the sprinting distances and decrease the jogging distances in future exercise periods. You can also adapt this routine by running against a colleague for every sprint period.

WEDNESDAY (Repeat Monday lesson plan)

THURSDAY (Repeat Tuesday lesson plan)



The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will.

—Vince Lombardi

FRIDAY Diagnostic Day

SET #1

Warm-up: 10-15 minutes (see past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

Push-up test #1 (complete the most push-ups possible in a 2-minute period)

Sit-ups test #1 (complete the most sit-ups possible in a 2-minute period)

Running test #1 (achieve the best time possible in a two-mile run)

Rest: 10 minutes

SET #2

Push-up test #2 (complete the most push-ups possible in a 1-minute period)

Sit-ups test #2 (complete the most sit-ups possible in a 1-minute period)

Running test #2 (achieve the best time possible in a one-mile run)

Rest: 5 minutes

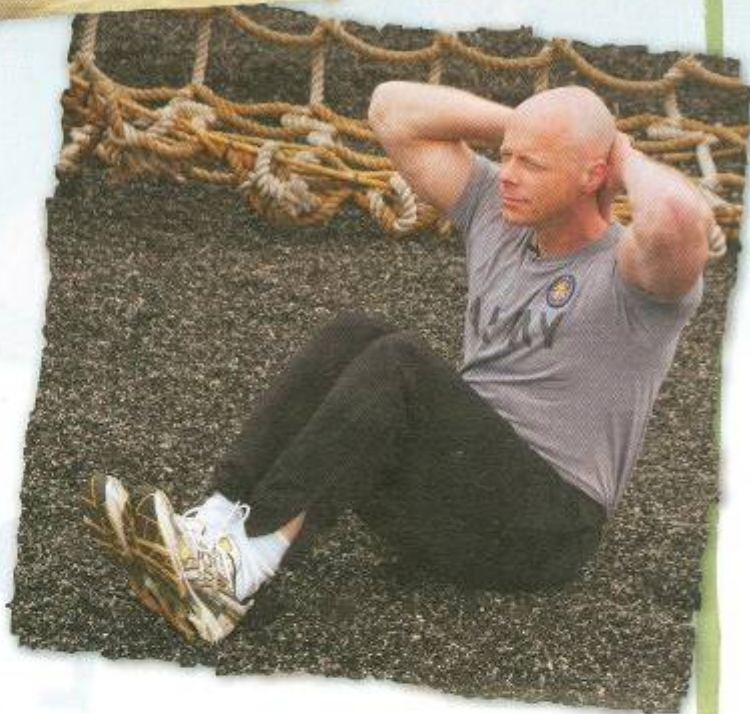
Stretching exercises: 8-10 minutes (cool down)

Rest: 2 days

Note: For those of you that are already achieving high APFT scores, we challenge you to perform set #1 with three minutes of push-ups and sit-ups, and run three miles instead of two. Perform set #2 as indicated.

Victory belongs to the most persevering.

—Napoleon Bonaparte



SATURDAY AND SUNDAY

Light stretching and plenty of rest.

This concludes our 60-day APFT improvement plan. Use the exercises in GX 4.6 and 4.7 every 60 days prior to a fitness test in order to achieve your absolute best! It's imperative that you rest two days prior to your fitness test or event. Lastly, simply do the best you can!

For more information, go to www.GXonline.com. HOOAH!

START eFITNESS™ NOW ONLINE!

SGT Ken™ and Stephanie are now providing quick and simple health and fitness tips on GXonline.com! As this section develops, you'll be able to view short fitness videos, download workouts and more.

Go to: GXonline.com/fitness



SSG Ken Weichert, six-time Soldier of the Year and Veteran of both Iraqi Freedom and Desert Storm, began the START Fitness™ program in 1997. Now partnered with his wife Stephanie, strategic director of START Fitness™ and a certified personal trainer, the Weicherts are conquering the fitness industry.

SPECIAL REMARKS: We encourage you to send your questions or requests additional information by emailing us at askthetrainer@startfitness.com. You can experience our workouts at home with our **Operation Living Fit—Boot Camp Fitness Toolkit™** DVD series. You can purchase our DVD set at STARTFitness.com.

UNIFORM REMARK: SSG Ken Weichert is pictured in the Army Combat Uniform (ACU) without the ACU Shirt in order to show you what muscles are employed during each exercise.

WARNING: Always seek the advice and guidance of a qualified health provider with any questions or concerns you may have prior to commencing a fitness program. This article should not be relied on or substituted for professional medical diagnosis or treatment. The exercises presented are for suggestion only. Participate at your own risk. Stop if you feel faint or short of breath.

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OPERATION PUSHING FOR POINTS™

From APFT to Promotion

Part 2 of 2—The Last 30 Days

By SSG Ken and Stephanie Weichert

HOOAH! askthetrainer@startfitness.com
Let us hear from you.



Stephanie and SSG Weichert,

RECEIVED

Hello. I have been reading your START Fitness articles in GX magazine for two years now and purchased your DVD series six months ago. Because of your workouts, my APFT [Army Physical Fitness Test] score has jumped up every time I take it! I have 30 days before I take the test, again. This time, I want to get a perfect score, a feat that I have never achieved in 17 years of being in the military. The push-up event is the hardest part of the APFT for me. Do you have an exercise program that can help me with push-ups without taking away from the sit-up and running events? Thanks for all that you two do for the Guard! Keep up the awesome work! HOOAH!

Julie P.
NDARNG

Julie,

Hello! Thanks for your positive feedback! This year, our goal is to get you excited about fitness and to assist you in acing the Army Physical Fitness Test this September. In the last issue of GX we provided the first 30 days of a two-month APFT preparation program. This issue will provide you with the last 30 days of preparation. These workouts cater to the specific events and are designed to prepare you to achieve a higher score on the APFT.

For avid weight lifters or athletes with advanced training needs, be advised that this program will specifically address effective training strategies for the APFT only. This program is designed to help you maximize results. When the goal is to score as high as possible on the APFT, it can be counter-productive to engage in heavy weight training. The START Pushing for Points™ program has been tested and proven effective. Are you ready for the challenge? HOOAH! Let's get started!

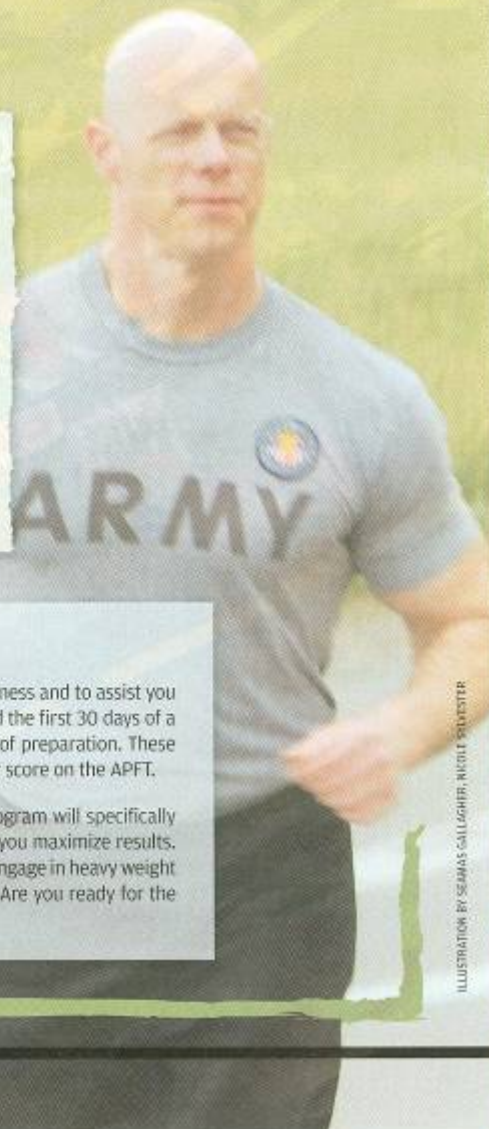


ILLUSTRATION BY SEANAS GALLAGHER, NEUTRILYST

WEEKS 5 AND 6: OPERATION STAY THE COURSE™

MONDAY Muscle Target Day #1

SET #1

Warm-up: 10-15 minutes (see past issues for suggested warm-ups.)

Stretching exercises: 8-10 minutes

Close-grip push-ups: 45 seconds

Rest: 45 seconds

Normal-grip (hands shoulder-width apart) push-ups: 45 seconds

Rest: 45 seconds

Wide-grip push-ups: 45 seconds

Rest: 45 seconds

½ Sit-ups: 2 minutes

Remarks: The ½ sit-up is also called the abdominal crunch. Start: Lay down on your back with both legs together and bent 90 degrees at your knees. Place your heels on the ground and point your toes upward. Interlock your fingers and place your hands behind your head. Action: Raise your upper body until your shoulders blades lift off the ground and return to the start position.

Warning: Don't pull on your neck with your hands. Keep your elbows wide and your chin pointing toward the sky.

SET #2

Uneven push-ups, left hand high, right hand on the ground: 30 seconds

Rest: 30 seconds

Uneven push-ups, right hand high, left hand on the ground: 30 seconds

Rest: 30 seconds

Uneven push-ups, left hand high, right hand on the ground: 30 seconds

Rest: 30 seconds

Uneven push-ups, right hand high, left hand on the ground: 30 seconds

Rest: 30 seconds

Normal-grip push-ups: 30 seconds

Rest: 30 seconds

½ Sit-ups: 2 minutes

SET #3

Close-grip push-ups: 20 seconds

Rest: 20 seconds

Normal-grip push-ups: 20 seconds

Rest: 20 seconds

Wide-grip push-ups: 20 seconds

Rest: 20 seconds

½ Sit-ups: 2 minutes

10 minutes aerobics (choose one: treadmill, elliptical machines, running, cycle)

Stretching exercises: 8-10 minutes (cool down)

It does not matter how slowly you go so long as you do not stop.

—Confucius

THURSDAY Interval Running Day #1

Warm-up: 10-15 minutes (see past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

½ Sit-ups: 90 seconds

Run 2 laps around a ¼-mile track or the same distance around your street block, or run ½ mile on a treadmill at a good pace

Slow jogging: 5-8 minutes

Repeat the sequence 4 additional sets (total 8 sets = 2-2.5 miles of running)

Stretching exercises: 8-10 minutes (cool down)

It isn't hard to be good from time to time in sports. What's tough is being good every day.

—Willie Mays

FRIDAY Ranger Push-up Sprint Drill Day

SET #1

Warm-up: 10-15 minutes (See past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

RANGER PUSH-UP SPRINT DRILL #1

• Push-ups in the close-grip for 20 seconds

• Rest 20 seconds

• Repeat 6 additional sets (Total = 7 sets of push-ups at 20 seconds with 20 seconds of rest in between each set)

½ Sit-ups: 2 minutes

Rest: 2 minutes

SET #2

RANGER PUSH-UP SPRINT DRILL #2

• Push-ups in the close grip for 15 seconds

• Rest 15 seconds

• Repeat 6 additional sets

½ Sit-ups: 2 minutes

Rest: 2 minutes

SET #3

RANGER PUSH-UP SPRINT DRILL #3

• Push-ups in the close-grip for 10 seconds

• Rest 10 seconds

• Repeat 6 additional sets

½ Sit-ups: 2 minutes

Rest: 2 minutes

Stretching exercises: 8-10 minutes (cool down)

Rest: 2 days

The bench press is great for strengthening your chest and arms. However, the only exercise that will help you improve your push-ups is push-ups.

—SGT KEN™

SATURDAY AND SUNDAY

Light stretching and plenty of rest.

TUESDAY Long Distance Day #1

Warm-up: 10-15 minutes (See past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

½ Sit-ups: 90 seconds

Jogging: 3-5 miles

Stretching exercises: 8-10 minutes (cool down)

Note: For your body to easily endure a two-mile run, you must get used to running and jogging greater distances.

WEDNESDAY Muscle Target Day #2

Repeat Monday lesson plan.



Proper technique for the uneven push-up.

WEEKS 7 AND 8: OPERATION FIT TO FIGHT™

MONDAY Core Crusher Day #1

SET #1

Warm-up: 10-15 minutes
Stretching exercises (see past issues for suggested warm-ups): 8-10 minutes
Sit-ups: 90 seconds
Rest: 60 seconds
Sit-ups: 75 seconds
Rest: 60 seconds
Sit-ups: 60 seconds
Rest: 60 seconds
Sit-ups: 45 seconds
Close-grip push-ups: 45 seconds
Rest: 60 seconds

SET #2

Elevated sit-ups: 90 seconds
Rest: 45 seconds
Elevated sit-ups: 75 seconds
Rest: 45 seconds
Elevated sit-ups: 60 seconds
Rest: 45 seconds
 $\frac{1}{2}$ **Sit-ups:** 2 minutes
Normal-grip (hands shoulder-width apart) **push-ups:** 45 seconds
Rest: 45 seconds

Remarks: The elevated sit-up is where your legs are raised above the ground, knees lining up over your hips, bottom part of your legs is parallel to the ground, feet flexed.

SET #3

$\frac{1}{4}$ **Sit-ups:** 2 minutes
 Freeze in the up position on the 30th repetition for 10 seconds, and then continue
Rest: 45 seconds
 $\frac{1}{4}$ **Sit-ups:** 1.5 minutes
 Freeze in the up position on the 30th repetition for 10 seconds, and then continue
Rest: 45 seconds
 $\frac{1}{4}$ **Sit-ups:** 1 minute
 Freeze in the up position on the 20th repetition for 10 seconds, and then continue
Rest: 45 seconds
Wide-grip push-ups: 45 seconds
 $\frac{1}{4}$ **Sit-ups:** 30 seconds
 10 minutes aerobics (choose one: treadmill, elliptical machines, running, cycle)
Stretching exercises: 8-10 minutes (cool down)

There are no gains
 without pains.
 —Adlai Stevenson

TUESDAY Interval Running Day #2

Warm-up: 10-15 minutes (see past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

Track: Sprint the stretches and jog the curves, 8 laps. This can also be achieved by sprinting the long sections of city blocks and jogging the ends for the same distance, or

Treadmill: Sprint .075 miles on a treadmill and immediately reduce the speed of the treadmill to a jogging pace for .05 miles, 16 consecutive sets

Note: You may choose to sprint .15 miles and jog for .1 miles, 8 consecutive sets

Rest: 5 minutes

Push-up test (best performance of push-ups for a 2-minute period)

$\frac{1}{4}$ **Sit-ups:** 3 minutes

Stretching exercises: 8-10 minutes (cool down)

Note: Interval training prepares you for faster speeds when it's really needed during testing periods. You will see your stamina and endurance improve every week with this strategy. Simply increase sprinting distances and decrease jogging distances in future exercise periods. You can also adapt this routine by running against a colleague for every sprint period.

If you aren't going all the way, why go at all?
 —Joe Namath

WEDNESDAY Core Crusher Day #2

Repeat Monday's lesson plan.

THURSDAY Long Distance Day #2

Warm-up: 10-15 minutes (see past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

$\frac{1}{2}$ **Sit-ups:** 90 seconds

Jogging: 4-6 miles

Stretching exercises: 8-10 minutes
 (cool down)

Note: To easily endure a two-mile run, you must get used to running and jogging greater distances.

It's not just what you eat, it's
 what you drink. Try water,
 instead of cola. It takes 27 glass-
 es of normal tap water to wash
 out the acidity of one cola.
 —SGT KEN™

FRIDAY Mini-Test Day

SET #1

Warm-up: 10-15 minutes (see past issues for suggested warm-ups)

Stretching exercises: 8-10 minutes

Push-up test #1 (complete the most push-ups possible in a 1-minute period)

Sit-ups test #1 (complete the most sit-ups possible in a 1-minute period)

Running test #1 (achieve the best time possible in a 1-mile run)

Rest: 10 minutes

SET #2

Push-up test #2 (complete the most push-ups possible in a 1-minute period)

Sit-ups test #2 (complete the most sit-ups possible in a 1-minute period)

Running test #2 (achieve the best time possible in a 1-mile run)

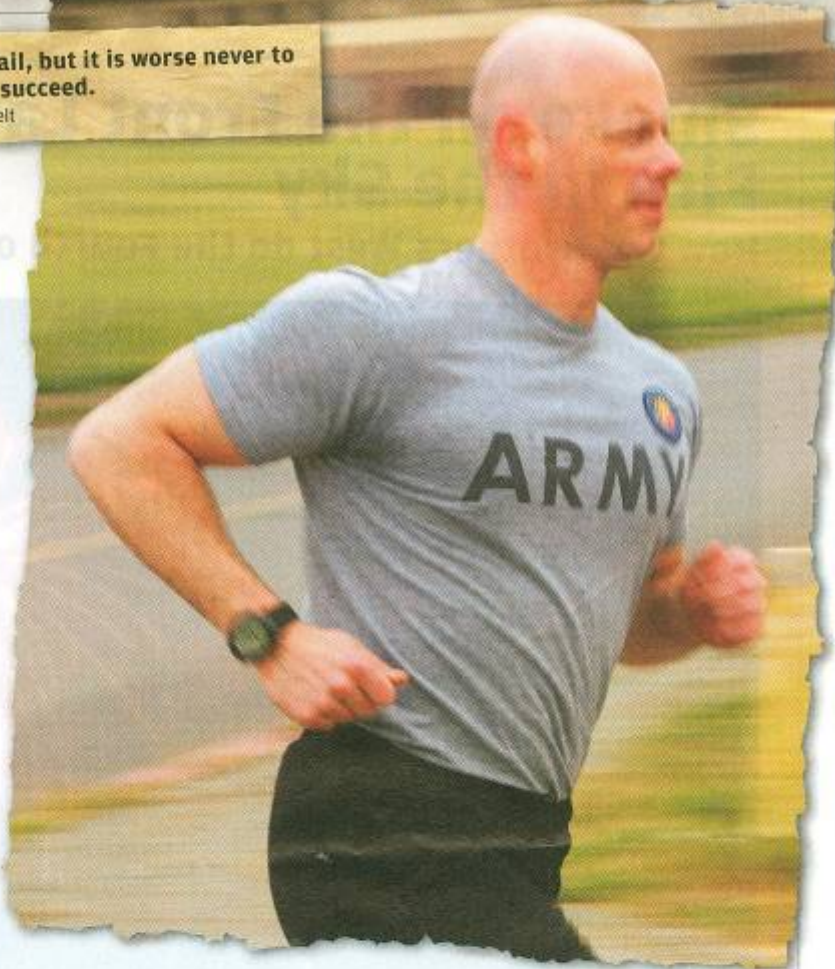
Rest: 5 minutes

Stretching exercises: 8-10 minutes (cool down)

Rest: 2 days

It is hard to fall, but it is worse never to have tried to succeed.

—Theodore Roosevelt



SATURDAY AND SUNDAY

Light stretching and plenty of rest.

Next month, we will be taking it to the next level with **Operation Stay the Course™** and **Operation Fit to Fight™**.

For more information, go to www.GXonline.com.
HOOAH!

START eFITNESS™ NOW ONLINE!

SGT Ken™ and Stephanie are now providing quick and simple health and fitness tips on GXonline.com! As this section develops, you'll be able to view short fitness videos, download workouts and more.

Go to: GXonline.com/fitness



SSG Ken Weichert, six-time Soldier of the Year and Veteran of both Iraqi Freedom and Desert Storm, began the START Fitness™ program in 1997. Now partnered with his wife Stephanie, strategic director of START Fitness™ and a certified personal trainer, the Weicherts are conquering the fitness industry.

SPECIAL REMARKS: We encourage you to send your questions or requests additional information by emailing us at askthetrainer@startfitness.com. You can experience our workouts at home with our **Operation Living Fit—Boot Camp Fitness Toolkit™** DVD series. You can purchase our DVD set at STARTFitness.com.

WARNING: Always seek the advice and guidance of a qualified health provider with any questions or concerns you may have prior to commencing a fitness program. This article should not be relied on or substituted for professional medical diagnosis or treatment. The exercises presented are for suggestion only. Participate at your own risk. Stop if you feel faint or short of breath.

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OPERATION PUSHING FOR POINTS



Volume 2,
300 Points in 30 Days

By SSG Ken and Stephanie Weichert

Q: How can I get ready to pass the Army Physical Fitness Test (APFT)?

A: This is the question we most frequently receive. To excel at any military fitness test, you must train safely and intensely with the exercises in the test. While weight training is great for muscular strength development, it is also a good example of what not to do while conditioning your body to perform better at the APFT or any other fitness test that includes body resistance exercises.

We have had an overwhelming positive response to several parts of this program that we have released to the public. Here is a comment from an actual participant who used our Push-up Improvement Plan video on www.1-800-GO-GUARD.com:

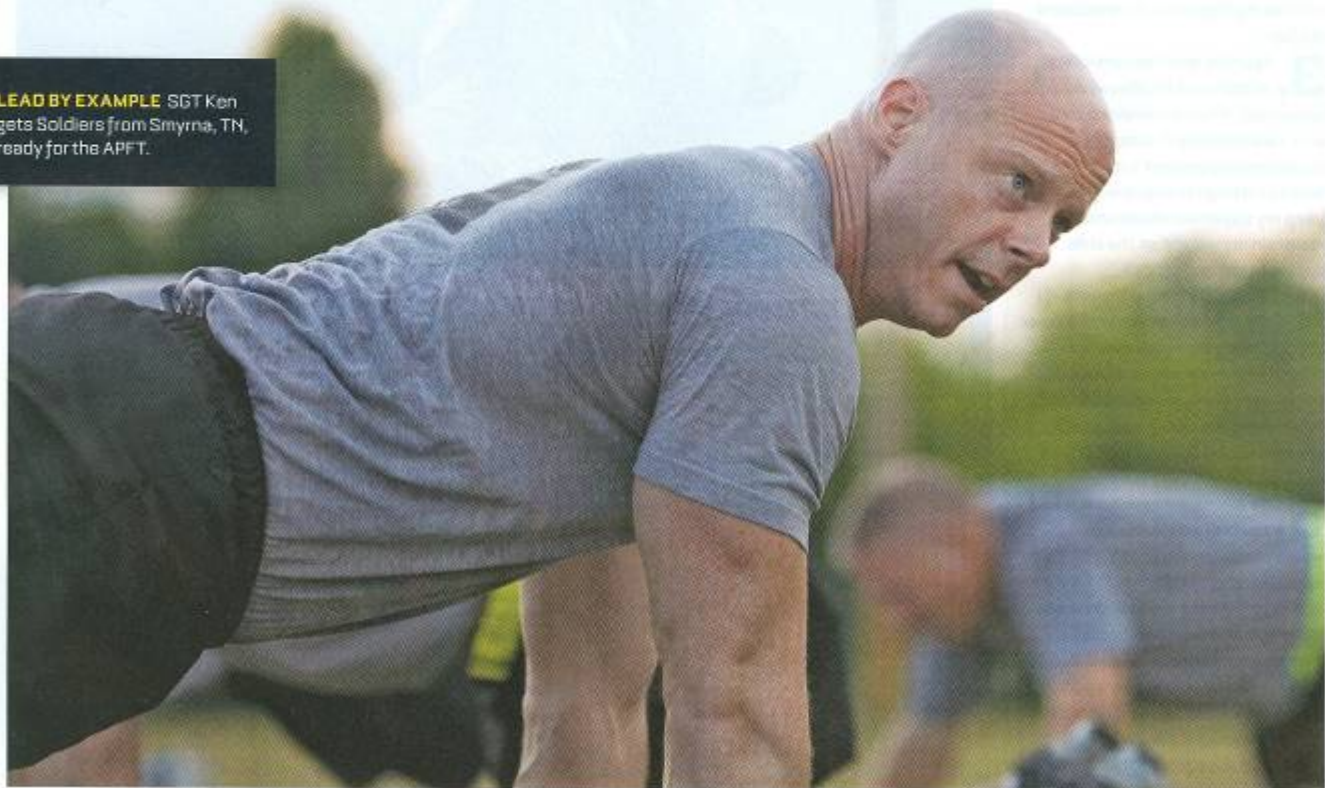
"I'm shipping out for BCT in around four weeks and my push-ups were my one worry. This has really helped me improve, and I'm feeling physically prepared. Thanks, SGT Ken."

In this issue, you will receive a whole month of exercises. We challenge you to use this program to strive for 300 points in 30 days! Are you ready for the challenge?

HOOAH! Let's get started!

—SSG Ken and Stephanie Weichert

LEAD BY EXAMPLE SGT Ken gets Soldiers from Smyrna, TN, ready for the APFT.



"The sterner the discipline,
the greater the devotion."

—Pete Carroll

30-DAY WORKOUT CALENDAR

Note: Begin and end each workout with at least 5 minutes of warm-up exercises and stretching.

	MONDAY:	TUESDAY:	WEDNESDAY:	THURSDAY:	FRIDAY:	SATURDAY AND SUNDAY:
[WEEK ONE]	Push-up Improvement Plan #1 Crunches, sit-ups	Running long distance Crunches, sit-ups	Push-up Improvement Plan #1 Crunches, sit-ups	Running interval training Crunches, sit-ups	Push-up interval training Crunches, sit-ups	Light stretching and rest
[WEEK TWO]	Push-up Improvement Plan #1 8-minute abs	Running long distance 8-minute abs	Dive Bomber push-ups Uneven push-ups Staggered push-ups Push-up pulses 8-minute abs	Running interval training 8-minute abs	Push-up interval training 8-minute abs	Light stretching and rest
[WEEK THREE]	Push-up Improvement Plan #1 8-minute abs	Running long distance 8-minute abs	Push-up interval training Uneven push-ups Push-up pulses Full sit-ups	Running interval training 8-minute abs	Physical Fitness Assessment (PFA)	Light stretching and rest
[WEEK FOUR]	Push-up Improvement Plan #1 Full Sit-up Practice Test	Running long distance 8-minute abs	Push-up interval training Uneven push-ups Push-up pulses Full sit-ups	Running interval training 8-minute abs	APFT Practice Test	Light stretching and rest

Diet advice for Operation Pushing for Points, Volume 2:

Go to www.1-800-GO-GUARD.com, GUARD FITNESS, GET HEALTHY, and read Operation Diet Dissection to learn how to reduce your consumption of bread, dairy products and sugar and get more diet advice. Be certain to check with your physician before making any changes to your diet or exercise plan.



In order for Guard Soldiers to effectively accomplish active-duty missions, we must train them as athletes all year round."

—SSG Ken Weichert

EXERCISE INSTRUCTIONS

—Excerpt from Operation Fit to Fight manual

Aerobics: Examples: Running in place; side-straddle-hops; jumping jacks; high steps/knees

Stretching

Foam Rolling: Use a foam roller to help stretch tight areas of the body. Example: If your calves are tight, put the foam roller under your calf and gently press it into the roller. Move your leg so that the foam roller massages the entire length of your calf.

STRETCHING



PUSH-UP IMPROVEMENT PLAN #1

STRATEGY:

- Begin the push-up exercise in the close grip position.
 - Continue as long as you can before assuming an authorized rest position.
 - Slide your hands outward to the normal grip position.
 - Continue as long as you can before assuming an authorized rest position.
 - Slide your hands outward to the wide grip position.
 - Continue as long as you can. Go to muscle failure!
- Warning:** Do not let your back sag. Do not lift your hands or feet off of the ground. Do not perform this program on your knees.

*Want to listen to it, or watch it on video? Go to www.1-800-GO-GUARD.com, GUARD FITNESS, GET FIT, UPPER BODY, PUSH-UP IMPROVEMENT PLAN #01.

+ Push-up standards

START: Balance your body on your hands and feet with your back forming a straight line. Look forward and keep your feet together or up to 12 inches apart. **Note:** Different arm positions engage different arms, chest and shoulder muscles. The closer your hands are together, the more tricep muscles you engage.

ACTIONS: While keeping your abdominal muscles tight, drop your body straight down by bending both elbows until the upper part of your arms become parallel to the ground. Return to the start position.

Warning: Do not look down toward the ground during this exercise. Maintain a forward focal point at all times.

Basic: 1 set of 1 minute

Intermediate: 1 set of 2 minutes

Advanced: 2 sets of 2 minutes each

Extreme: 2 sets of 3 minutes each

PUSH-UP STANDARDS



A



B



DIVE BOMBER PUSH-UP



B



C

+ Crunches, sit-ups

START: Lie down on your back with both legs together and bent 90 degrees at your knees. Place your heels on the ground and point your toes upward. Interlock your fingers and place your hands behind your head.

ACTIONS: Tighten your abdominal muscles and raise your upper body until your shoulder blades come off of the ground, then return to the start position. Continue until your goal is reached.

Warning: Do not pull on your neck with your hands. Keep your elbows wide and your chin pointing toward the sky during the entire exercise.

Basic: 1 set of 1 minute

Intermediate: 2 sets of 2 minutes each

Advanced: 2 sets of 3 minutes each

RUNNING LONG DISTANCE

Basic: 2 miles

Intermediate: 4 miles

Advanced: 6 miles

"The best way to condition your body for the 2-mile run as part of a fitness test is to become accustomed to running longer distances." —SSG Ken Weichert

+ Running interval training

Running interval training is where you mix your running training with sprints and jogging. For example, choose to run on a treadmill, track or well-known route. After jogging for the first 60 seconds, sprint 30 seconds and jog 30 seconds. Repeat this sequence for the remainder of your run. Or, if on a track, sprint the stretch and jog the curve.

Basic: 1 mile

Intermediate: 2 miles

Advanced: 3 miles

*Want to listen to it? Go to www.1-800-GO-GUARD.com, Guard Fitness, Get Fit, Aerobics, Running Interval Training.

"Be certain to time your sprint drills. That way, you can challenge yourself to sprint for longer periods of time each week." —SSG Ken Weichert

+ Push-up interval training

Push-up interval training is where you complete the

most push-ups possible in 20-second intervals. Perform the push-ups for 20 seconds and rest 20 seconds. Repeat this sequence for the required amount of time.

Basic: 4 sets of 20 seconds

Intermediate: 6 sets of 20 seconds

Advanced: 8 sets of 20 seconds

+ Dive Bomber push-up

START: Assume the standard push-up position. Now widen your foot position and point your rear end in the air, positioning your head between your arms.

ACTIONS: Lower your body to the ground slowly by bending at the elbows. Slightly drag your chest across the ground and press your body upward until your arms are straight and your lower back is arched. Return to the start position by reversing the steps. Continue until your goal is reached.

Basic: 1-2 repetitions

Intermediate: 3-8 repetitions

Advanced: 9-16 repetitions

*Want to listen to it or watch it on video? Check out www.1-800-GO-GUARD.com, Guard Fitness, Get Fit, Upper Body, Dive Bomber Push-Up.

+ Uneven push-ups

START: Balance your body on your hands and feet with your back forming a straight line. First place your left hand on a platform 4-12 inches higher than the ground. Look forward and keep your feet together or up to 12 inches apart.

ACTION: While keeping your abdominal muscles tight, drop your body straight down by bending both elbows. Slowly return to the start position. Continue until your goal is reached. Switch arm positions, continuing until your goal is reached.

Basic: 1 set of 30 seconds (each side)

Intermediate: 2 sets of 30 seconds (each side)

Advanced: 3 sets of 30 seconds (each side)

*Want to listen to it or watch it on video? Go to www.1-800-GO-GUARD.com, Guard Fitness, Get Fit, Upper Body, Uneven Push-Up.

+ Staggered push-ups

START: Assume a modified push-up position by placing your left arm slightly higher than your left shoulder and your right arm slightly lower than your chest. Bend your left leg at the knee and keep your right leg straight. Balance on your toes or on the balls of your feet.

ACTIONS: Lower your body to the ground slowly by bending at the elbows. Slowly return to the



United States Army Sargeants Major Academy

Skills, Knowledge and Attitudes: Maximize Your APFT Score

By SGM Robert S. Rush

Many soldiers can increase their physical fitness beyond their present level if they're willing to *concentrate on deficiencies* instead of just trying to run faster.

The individual PT program revealed here was *developed for soldiers with little time to devote to PT.*

The program was validated using 40 students in an ROTC program. Students exercised three times per week for 20-25 minutes, not including the run. The following results were achieved: after one month the average score for students increased by 15-20 points from an average of 192 to 212; at the end of three months, students went from their average of 212 to 243; the second three months saw average scores climb to 267 with the low score 242 and the high score 300. Since this is an individual program, it is designed to fit each soldier's physical ability. The program takes a soldier gradually to a higher level of physical fitness.

Take a look at your last APFT. From your scores you can determine where the starting point for your Individual Fitness Program should be. If you haven't taken an APFT in the last three to four months, you may want to conduct an assessment of your physical abilities before beginning.

To conduct a self-assessment, do as many correct pushups and sit-ups as you can in a one-minute period, and then run as hard as you can for a timed one-half mile. Multiply your pushup and sit-up scores by 1.25 to find an entry point into the charts. Multiply your one-half mile time by four.

The Program

If done correctly, the program will bring you to muscle failure. This exercise regime is designed to be done every other day, as your muscles need from 24 to 48 hours to recover from hard usage.

To get your starting numbers, look at the charts. The numbers along the top of the charts are the number of pushups or sit-ups you performed. Follow the number down the row to give you the number of repetitions for each exercises you're to begin with in your individual program.

Pushup and Sit-up Improvement

1. Regular pushups: Do three sets with one-minute rests between sets. Form is important. If you can't do the pushups properly, go to your knees and continue until you've finished the sets. After three workouts, add three pushups to each set. (Example: you start with 14 pushups on Wednesday, The next Wednesday you go to 17 pushups.)

APFT Number of Push-ups		10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85
Number		10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85
Push-ups		4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
Close-hand		2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Widearm		2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Turn & Bounce		5	6	7	8	9	10	12	14	16	18	20	22	24	26	28	30

2. Regular sit-ups: Do three sets with one-minute rests between sets. If you can't do all the sit-ups properly, lower the angle of your legs until they're almost parallel to the ground. After three workouts, add three sit-ups to each set. (Example: you start with 11 sit-ups on Wednesday. The next Wednesday you go to 14 sit-ups.)

APFT Number of Sit-ups		10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85
Number		10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85
Sit-ups		4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
Crunches		4	5	6	7	8	8	9	9	10	10	11	12	13	14	15	16
Flutter Kick		5	6	7	8	9	10	12	14	16	18	20	22	24	26	28	30
Legs Spreader		5	6	7	8	9	10	12	14	16	18	20	22	24	26	28	30

3. Diamond pushups: Put your hands together under your chest in a diamond shape. Perform the pushups. Go to your knees if necessary. Add one diamond after every three workouts.

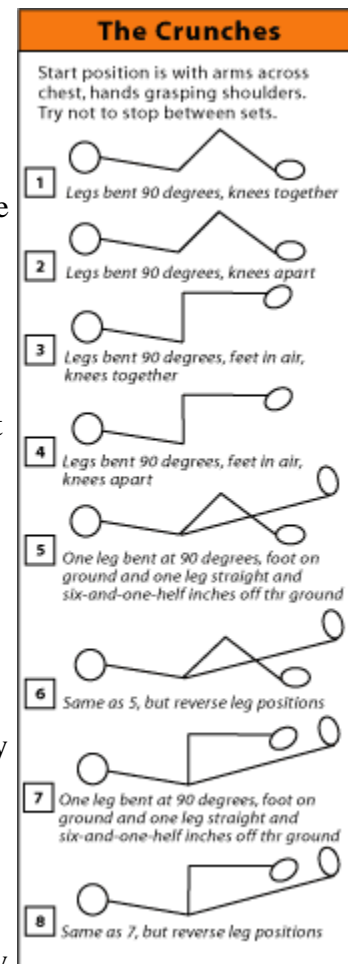
4. Wide-arm pushups: Place hands as far apart as possible. Perform the pushups. Go to your knees if necessary. Add one wide-arm after every three workouts.

5. Crunches: See chart on left.

6. Turn and bounce: Hold arms parallel to the ground. Palms facing up. The exercise is an eight-count movement at a slow cadence. Pivot slowly at the waist to the right for four counts and then to the left for four counts. Add two turn and bounces after every three workouts. (Editor's note: Since this program was developed in 1993, studies have shown that, during the turn and bounce, exaggerated or excessive bouncing at the turn can be harmful. The turn and bounce done more like a turn and stretch is much more effective.)

7. Flutter kicks: Put your hands under your buttocks while laying flat on your back. Lift your feet six to eight inches off the ground to start. Begin by lifting legs in sequence six to eight inches. Keep legs slightly bent to reduce the strain on your back. One repetition equals four counts. Add two flutter kicks after every three workouts.

8. Leg spreaders: Put your hands under your buttocks while laying flat on your back. Lift your feet six to eight inches off the ground to start. Begin by spreading legs 18-30 inches and then bringing them back together. Keep legs slightly bent to reduce the strain on your back. One repetition equals four counts. Add two leg spreaders after every three



workouts.

Running

Use the running chart to increase your aerobic and anaerobic stamina and to improve your two-mile time. Enter the table using your two-mile time from your APFT or your time from your self-assessment (half-mile times four). For example, your run time is 14:15. Enter the chart at +14. This program is designed to be run every other day, although there is no harm in running more often.

Sprint day: Enter the sprint portion of the chart at your run time now. Do four sprints of each of the distances, alternating your sprints between the distances. Begin with the lower distance for your speed. Attempt to beat the time listed. Rest one minute before you run the longer sprint. Rest two minutes between the longer and shorter sprints. If you feel you are not properly stressed (and as you develop your wind) decrease the amount of rest time between sprints. For those with run times of +17 to +19, when the 220-yard sprint goal is met, move up to the one-quarter mile (440 yards) and one-half mile (880 yards) runs.

Fast run day: Begin with the lower distance for your speed. When you beat the time for the distance, move to a longer distance in the same row. When you surpass the time for the time for the distance at the bottom of the row, move to the left one row maintaining the same distance. When you move one row to the left on the fast run, also move your sprint goals to the same row.

Long and slow run: Run at least 20 minutes for a good cardio-vascular workout. Run for time during this session, not necessarily distance.

APFT Run Times								
minutes	+12	+13	+14	+15	+16	+17	+18	+19
220 yards	—	—	—	—	—	:48	:51	:48
440 yards	1:07	1:15	1:23	1:30	1:37	1:45	1:52	2:00
880 yards	2:45	3:00	3:15	3:30	3:45	4:00	4:15	4:30
Fast Run	—	—	—	—	—	+mb>4:00	+mb>4:15	+mb>4:40
	2 mi	2 mi	2 mi	2 mi	2 mi	1 mi	1 mi	1 mi
	11:30	12:30	6:30	7:00	7:30	8:00	8:30	9:00
	↓	↓	↓	↓	↓	↓	↓	↓
	2 mi	2 mi	2 mi	2 mi	2 mi	2 mi	2 mi	2 mi
	14:30	15:30	13:30	14:30	15:30	16:30	17:30	18:30
Long and Slow Run	Run at least 20 minutes, for time and not distance							

Using the Program

The program is designed to have very little paper overhead. Each soldier is responsible for his or her pace in the program, which has the additional benefit of exercising the soldier's self discipline.

One technique to start the program would be to give each soldier a packet and have the program explained after an APFT or diagnostic test.

Organized PT would still be conducted, but with each soldier doing the amount of exercise determined by his or her specific program. As a check, periodic diagnostic tests could be used to review progress.

As with any program, results are directly attributable to the amount of effort expended. Soldiers who

can't keep up on the battlefield are losses just as much as casualties suffered through enemy action. We, as NCOs, are charged with not letting this happen.

(Rush was the Army advisor to the 26th Infantry Division, Camp Edward, ME, when this article was written.

Reprinted from our Summer '93 issue.)

Training for the APFT

Story by Christopher Palmer

SOLDIERS will be looking for ways to improve their Army physical fitness test scores now that the Army has announced new standards. Troops still have more than six months to train up for the changes.

By using that time to their advantage and by targeting their training, soldiers can reasonably expect to improve their performances in all three events of the new test.

Push-ups and Sit-ups

To improve push-up and sit-up scores, you must train more specifically. Timed sets are great ways to improve scores. But you have to work hard, without resting on your knees or in the authorized rest position. You should also do circuits [see box below] two to three times a week.

Two-mile Run

If you're looking to improve your

Christopher Palmer is an instructor-writer in the Doctrine Division of the U.S. Army Physical Fitness School.

two-mile run time, you're looking to run it at a faster pace.

To meet this goal, you must run faster when you train, not for a longer period of time at the same pace. Running faster can be accomplished through interval training and sprints [see FM 21-20, Ch. 2].

You can't do high-speed cardiorespiratory (CR) training every time you run. If you do, you'll cause a decrease in performance from training too much.

Fast running days should be a regular part of CR training, and should be completed at least once a week.

Interval training on a quarter-mile track (400 meters/440 yards) is probably the best way to improve the two-mile run time.

Intervals allow you to run at a faster pace for a longer total distance than you would normally be able to maintain running at a constant pace.

Fartlek training — during which you run for a set time or distance at various speeds — is also helpful.

Start with a warm-up pace for two to three minutes, then progress to

intermittent running at a fast pace. When you can't keep up the pace (which must be faster than your two-mile run pace), you slow to a jog for a short recovery period. These fast and recovery phases are repeated for the entire distance or time.

Sprint training acts as a "catch all" for other fast running activities. The key is the duration or distance that you sprint.

The distance must be far enough to be specific to the two-mile run. For example, instead of 100-meter sprints, sets of five or six consecutive 100-meter shuttle runs are more specific to the two-mile run event.

It's important to realize the APFT simply determines a basic level of fitness and doesn't reflect one's ability to perform a combat mission. The unit's mission and mission essential task list should be the primary drive for physical training, with secondary importance placed on the APFT.

With proper physical training, soldiers can improve physical fitness for unit missions as well as increase APFT scores. □

Push-up & Sit-up Circuits

Push-up Improvement

Exercise	Time	Rest
Regular PU	1:15	2:00
Close PU	1:00	1:45
Wide PU	1:00	1:45
Regular PU	0:45	1:30
Close PU	0:45	1:15
Wide PU	0:30	—

(Total time for each circuit: 13:45)

As you improve, do a second rotation, rest three minutes, repeat first four exercises.

Sit-up Improvement

Exercise	Time	Rest
Sit-up	1:15	2:00
Crunch	1:00	1:45
Flutter Kick	1:00	1:45
Sit-up	1:00	1:30
Ab. Crunch	1:00	1:15
Supine Bicycle	1:00	—

Combined Push-up and Sit-up

Exercise	Set #1	Set #2
Regular PU	1:00	0:45
Sit-up	1:00	0:45
Wide PU	1:00	0:30
Flutter Kick	1:00	0:30
Close PU	0:45	0:30
Ab. Crunch	0:45	0:30
Elevated PU	0:45	0:30
Supine Bicycle	0:45	0:30
Rest two minutes before Set #2.	(Total time 13:30)	

Tips for the Push-up and Sit-up

Execute the motion to standard during every repetition. If you cheat during your training, you can't expect your body to properly execute the motion during testing [see FM 21-20, Figures 14-3 through 14-6].

Performing dips can add variety to your push-up improvement program, but they must be done to temporary muscle failure or they will not help you improve your score.

Your abdominal muscles can be trained every day. If you are weak in the sit-up event, start by training every other day. It will help if you alternate sit-up days with other abdominal/hip flexor exercise days [see FM 21-20, Chap. 7 for exercises].

Weight training isn't very specific to either the push-up or sit-up events. Some weight training will help strengthen the muscle groups, but to improve endurance, timed sets of calisthenics are best. — Christopher Palmer